

ABSTRACT

A track spiked shoe or a running shoe has a thin-plate-like outsole formed of a hard synthetic resin and having a plurality of cleats or studs on a ground contact surface thereof. The outsole has a first and second bulge each protruding downwardly toward the ground surface. The first bulge is located at a position that corresponds to a thenar eminence of a foot of a shoe wearer and the second bulge at a position that corresponds to a hypothenar eminence of a foot of a shoe wearer. The first and second bulge each has a configuration that conforms to a shape of a forefoot portion of a foot that has been flexed. Some of the cleats are provided on a convexly curved surface of the first and second bulge.

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USPS EXPRESS MAIL
EV 338 198 460 US
SEPTEMBER 15 2003